

PASTURE AND PLENTY

JULY 11, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

Nothing says summer in Wisconsin more than brats, right, friends? Lucky for us we were able to source brats from our friends at Enos Farms for you. And they have the BEST pork, y'all. Their pigs are raised on certified organic land, pasture-raised and fed a diverse diet of organic peas, oats, corn, silage (fermented plant matter), pumpkins and woodland nutrients as they root around the hills and vales. And that comes through when you try their meat!



Enos Farms ramp and mozzarella brats with vinegary sautéed cabbage, onions & peppers and P&P potato salad



Milpa purple corn tamales with jackfruit al pastor with bean, corn and pepper salad



Yucatán-style sopa de lima with chicken



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

- Enos Farms
- Vitruvian Farm
- Winterfell Acres
- Driftless Organics
- Clasen's European Bakery
- Saffi Saana
- Milpa
- La Cosecha

EXTRA GOODNESS

white chocolate peanut butter fudge

Instructions: Keep refrigerated. Bring to room temp and use the parchment paper to lift the fudge out of the container. Enjoy within 5 days!

Ingredients: White chocolate, peanut butter, sea salt.

Contains: Chocolate, peanuts

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

Enos Farms ramp and mozzarella brats with vinegary sautéed cabbage, onions and peppers and P&P potato salad

PREP & COOK TIME

25 MINUTES

IN YOUR BAG

Enos Farms Ramp and Mozzarella Brats

Clasen's European Bakery Brat Buns

Vinegary Cabbage, Peppers and Onions

P&P Potato Salad

PAIR WITH

the fresh and fruity Mother Rock "Force Celeste" Chenin Blanc 2020 or with the hoppy Billy Ray Citrus IPA from Eagle Park

- 1 Preheat grill for medium heat. Alternatively, heat oil in a heavy bottomed skillet over medium high heat until shimmering.
- 2 Grill brats or sear brats in pan until deeply colored on all sides, flipping as needed. Cook until the internal temperature of the brat, as measured with an instant-read thermometer, reads 160°F. Meanwhile, slice and toast bun over grill or in the same pan.
- 3 If desired, reheat cabbage, peppers and onions with a splash of water in a sauce pan over medium heat until hot, 2-3 minutes.
- 4 Assemble brats and buns, top with cabbage, peppers and onions. Give potato salad a stir to redistribute dressing, serve alongside finished brats. Dig in!

Enos Farms Ramp and Mozzarella Brat: Pork, pasteurized mozzarella cheese (organic milk, salt, [non-animal] rennet and cultures, purified cellulose), fully cooked ramps, apple juice (apple cider sorbate), water, salt, black pepper, mace **Buns:** Flour, water, salt, yeast. **Vinegary Cabbage, Peppers and Onions:** Green cabbage, red bell pepper, yellow bell pepper, red onion, red wine vinegar, apple cider vinegar, salt, pepper, red chili flake, garlic. **P&P Potato Salad:** Yukon potato, red potato, celery, red onion, mayonnaise (canola oil, red wine vinegar, egg, dijon mustard, salt), pickles (cucumber, white vinegar, salt, sugar, dill, spices), scallion, whole grain mustard, salt, pepper.

Contains: Milk, wheat, pork

② READY-TO-EAT

Milpa purple corn tamales with jackfruit al pastor with bean salad

Keep tamales frozen. From frozen, microwave tamales in husks for 2 minutes. Flip, microwave for 1 additional minute.

Alternatively, place frozen tamales, in husks, inside a stovetop steamer. Make sure water level stays below tamales. Cover and steam for 25 to 35 minutes. Remove tamales from husks; be careful, they will be hot and steamy.

Give the bean salad a toss to redistribute the dressing. Serve salad alongside hot tamales. Enjoy!

Milpa Purple Corn Tamales: Purple corn, vegetable oil, jackfruit, pineapple juice, chipotle sauce (chipotle peppers, spices, water, salt), chili powder, cumin. **Bean Salad:** Black bean, black eye pea, green bell pepper, red bell pepper, yellow bell pepper, corn, red onion, cilantro, scallion, lime, cumin, coriander, paprika, salt, pepper.

③ FARM-TO-FREEZER

Yucatán-style sopa de lima with chicken

See label for ingredients and reheating instructions.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm